

# Cucumber-Avocado Gazpacho Soup or Appetizer

Coach Jennifer and David Salko

- 1 cucumber, seeded and chopped
- 2 ripe avocados, sliced
- 1/2 c fresh cilantro
- 2 TBSP green onion, chopped
- 2 small serrano peppers (optional)
- 1/2 c plain yogurt
- 2 c veggie stock
- 1/4 c lime juice
- salt and pepper to taste
- cayenne pepper to taste

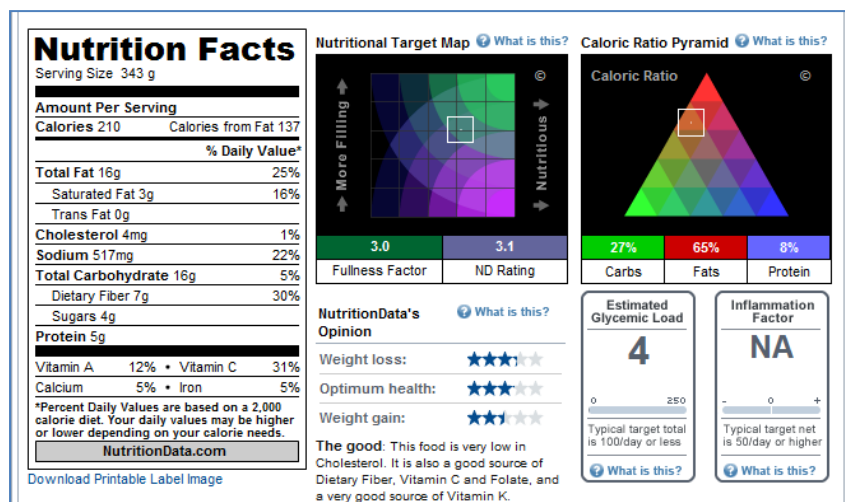


Put everything except cayenne in the blender and blend until combined, with a little texture (or you can blend until totally smooth, if you like). Add the cayenne into individual bowl, to individual's taste. Garnish with a little cilantro and small dollop of high protein Greek yogurt, the higher the better.

Makes 4 appetizer size 1 cup servings.

*(Note that 1 cup is only 5 grams protein, so that is not enough for a full snack or meal all by itself.)*

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Nutrition data from NutritionData.com